

## Change Recipes with Healthier Ingredients

Try experimenting to improve your recipes.



### Original Ingredient

### Healthier Substitute

#### Sugar

|                             |  |
|-----------------------------|--|
| Sugar                       | Reduce sugar by $\frac{1}{4}$ to $\frac{1}{3}$ or replace with sugar substitutes. Add cinnamon or vanilla to give impression of sweetness. |
| Syrup                       | Unsweetened applesauce or sugar free syrup   |
| Fruit canned in heavy syrup | Fruit canned in juice or water, fresh fruit  |

#### Sodium

|   |  |
|---|--|
| Salt  | In most recipes, omit salt or reduce by $\frac{1}{2}$ . Substitute herbs, spices, fruit juices or salt-free seasoning mixes. |
| Seasoning salt (garlic salt, celery salt, onion salt)   | Seasoning only (garlic powder, celery seed or onion flakes) or use finely chopped garlic, celery or onions.                  |
| Condiments high in salt (catsup, chili powder, bouillon cubes, barbecue sauce, Worcestershire sauce & meat tenderizers) | Salt-free seasoning & spice mixes. Herbs, spices, lemon juice or vinegar   |
| Canned vegetables   | Fresh, frozen or rinsed canned vegetables.   |

#### Fat

|   |   |
|---|---|
| Fats (butter, margarine, shortening, or oil)        | Light/low fat versions or reduce amounts in recipes by $\frac{1}{3}$ . In baking, use unsweetened applesauce for $\frac{1}{3}$ of fat. When frying, use cooking spray or non-stick pan. |
| Mayonnaise, salad dressing or marinades             | Low or nonfat versions, flavored vinegars, fruit juices   |
| Whole milk, 2% milk, half & half or evaporated milk | Skim milk, 1% milk, evaporated skim milk, fat-free half & half, or plain soymilk with calcium   |
| Full-fat cream cheese                               | Low-fat or nonfat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth  |
| Full-fat sour cream or cottage cheese               | Nonfat or low fat versions. Substitute fat-free plain yogurt.   |
| Cream, whipping cream, evaporated milk              | Evaporated skim milk  |
| Whole fat cheese                                    | Reduced fat cheese or decrease amount used.   |
| Eggs  | Substitute 2 egg whites or $\frac{1}{4}$ cup egg substitute for each egg.   |
| Bacon   | Canadian bacon, turkey bacon, smoked turkey   |
| Ground beef   | Extra-lean or lean ground beef, chicken or turkey   |